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ELECTION 2013: LAST NIGHT'S LEADERSHIP DEBATE

Dexter in tune with today's families



"Let's keep moving forward, not back to the mistakes of past governments."

Darrell Dexter showed that he has the vision and the experience to keep Nova Scotia moving forward during yesterday's leadership debate.

His passion was clear as he outlined the NDP's 7 key commitments to build a better future for today's families.

Dexter's people-focused plan will keep protecting and improving services families count on while attracting good jobs and building stronger communities like Porters Lake and Hammonds Plains.

"Together, we're turning things around but there's still a lot more to do," said Dexter. "Let's keep moving forward so we can continue to build a better future for our kids."



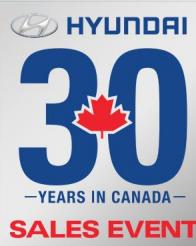
McNeil disappoints on jobs, health care

Stephen McNeil is proposing the same path as the last Liberal government that chose to cut 1,600 hospital beds and get rid of 1,000 nurses and 1,400 teachers.



Baillie dodges disastrous record

It was only four years ago that Conservatives left Nova Scotians with a crippling \$1.3 billion deficit and the worst economy in Canada over two decades.



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Obama makes his case in TV address

U.S. can't let 'dictators commit atrocities,' he says

PAGE 9

Forwarding forward

Mooseheads go into new season with plenty of new faces up front

PAGE 18

IN TOWN FOR ALL THE RIGHT REASONS

AHEAD OF AFF PREMIERE, EMILY HAMPSHIRE SPEAKS ABOUT BEST PART OF PLAYING A CASHIER AND HOW CORY MONTEITH SURPRISED HER PAGE 6



**PAY\$
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WEEKDAY MORNINGS 7:40



SUITED UP FOR BATTLE

Premier Darrell Dexter, left, and Progressive Conservative Leader Jamie Baillie share a laugh prior to Tuesday's leaders' debate on CBC. Shown from behind is Liberal Leader Stephen McNeil. The debate was the first of the campaign. Story, page 4. JEFF HARPER/METRO

Development plan splits council, again

58 units, two towers.

Councillors vote to send proposal for building near SMU to public consultation

RUTH DAVENPORT
ruth.davenport@metronews.ca

Halifax regional councillors say the public should get to weigh in on a developer's plan for a highrise apartment building in a neighbourhood dominated by single-family homes.

Dino Capital Ltd. is asking HRM to alter the density, zoning and height restrictions of four lots on Wellington Street near Inglis.

The changes would allow a 58-unit building with two towers of seven and nine storeys atop a three-storey "podium" building.

City planners recommended rejecting the proposal. "The height is not appropriate for this site and in this neighbourhood," said HRM planner Mitch Dickey. "The

development ... does not fit in with the residential context."

But councillors lined up to oppose the staff recommendation, citing a need for increased residential density in the urban core.

"If not here, where?" said Coun. Barry Dalrymple. "We either take our (regional plan review) discussions and throw them out the window or we start allowing building in the downtown."

Coun. Wayne Mason urged councillors to support the staff recommendation, saying local residents were opposed to the development — and pointing out there are other places to

"There's all sorts of identified areas where we could ... put up the large residential. This (neighbourhood) is not that."

But Coun. Linda Mosher noted that if the proposal is rejected, the developer can, "as of right," put in 23 units with more than 200 bedrooms on the site.

"I have to put myself in the shoes of the residents," she said. "If you told me either go through a public process for a development agreement or ... someone can put 200 rooms in, I'd be very concerned about that."

Council defeated the staff recommendation 11-5 and ap-

Quoted

"There are residential areas in the urban core ... that are not targeted, under any of the plans we've ever contemplated, for highrise development."

Coun. Wayne Mason

put density.

"There's hundreds of acres on the peninsula and Dartmouth that don't even have anything on them," he said.

proved a motion to begin a process that includes public consultation. Council could still reject the proposal following the public consultation.

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'Barred from campus'

Saint Mary's suspends student for sexually assaulting girl, 14

Saint Mary's University has suspended one of its students after the 24-year-old Halifax man pleaded guilty on Tuesday to sexually assaulting a 14-year-old girl.

Konstanty "Kostek" Bedo-Gorski entered a guilty plea during a court appearance Tuesday in Halifax, the CBC reports.

Bedo-Gorski was the girl's soccer coach at the time of the incident last fall.

"He has been barred from campus," a release from Saint Mary's University said on Tuesday following the guilty plea. "A disciplinary hearing will be held as soon as possible."

In an interview, university spokesman Steve Proctor said under school policy, the hearing would take place in the next two to 10 days.

When asked why the school made the decision it did to suspend Bedo-Gorski, Proctor said because "it's a violation of student policy."

In court on Tuesday, the CBC reports the judge had released Bedo-Gorski from custody so he would have time to finish his semester at Saint Mary's. His sentencing is scheduled for December.

The south-end Halifax university has been under fire for the past week over a pro-rape chant led by some student representatives during a frosh week event.

The chant spells out the word "young" with comments after each letter, including "Y is for your sister... U is for underage, N is for no consent."

PHILIP CROUCHER/METRO



Lucky penny: Please keep that sun shining ... oh

People enjoy the warm weather Tuesday while out for a walk near the fountain at Victoria Park in Halifax. After two nice days to start the week, wet weather is forecasted for Wednesday. JEFF HARPER/METRO

Councillors heated over snow removal

\$14.6M. Performance-based contracts being expanded

tracted out.

"I have vigorously defended HRM staff's plowing and the work they've done, but I'm not going to wear this," he said. "When those calls come in this winter, they're going to be forwarded on."

Dalrymple was especially concerned about handing the service over to a "brand spanking new company."

"I want an absolute iron-clad guarantee that there is going to be all kinds of supervision this year," he said.

Snow removal is also being provided on the peninsula for the first time this year, but Coun. Jennifer Watts voted against that contract as a matter of principle.

Halifax regional councillors have approved dozens of performance-based contracts for snow and ice removal in HRM, expanding the service to several areas for the first time.

Council awarded more than \$14.6 million in contracts on Tuesday, including new contracts in Windsor Junction, Fall River, Upper Sackville and Beaver Bank.

Coun. Barry Dalrymple said he wasn't pleased that service in his district was being con-

Clock's tickin'

36

Maximum time in hours after snowfall for a contractor to clear a residential street sidewalk

"I know for some people this is a fantastic service that will make a huge difference," she said. "For me it was always the issue of putting this on not as an area rate where residents would have the opportunity to come out in a public consultation process ... and then vote on whether this is a service that they'd like to have."

Watts also asked for assur-

ances the municipality will be working to inform residents about the new snow-removal service and standards.

"It will be extremely important to communicate ... what people can expect out of the service and some of the downsides," said winter operations superintendent Gord Hayward.

A staff report states the renewed contracts represent a savings of \$564,000 over previous sidewalk snow removal costs.

"This can most notably be attributed to industry adjusting to performance-based contracting and increased competition," it states.

RUTH DAVENPORT/METRO

1
SWEAT



My mom taught me...

it's better to be kind than to be right, a girl can be anything
she wants to be, it costs nothing to give someone a helping hand, and to
always choose Baxter.

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We're Family

Education

Liberals want to eliminate interest on student loans

Liberal Leader Stephen McNeil says his party thinks it is wrong to charge students interest on loans to further their post-secondary education, so he wants to eliminate interest at a cost of about \$2.5 million a year to the government.

McNeil, who made his announcement Tuesday at a coffee shop near Dalhousie University, said the average student in Nova Scotia graduates with more than \$30,000 in loans.

"This is a matter of principle and a fundamental belief that it is wrong to give large corporations handouts ... yet charge interest on student loans for our best and brightest young adults," he said.

THE CANADIAN PRESS

Technology

NDP wants to make digital-media tax credit easier to get

Premier Darrell Dexter toured Ad-Dispatch, a small software-development company in Halifax, to highlight the NDP's decision to make the digital-media tax credit more accessible. He said the tax credit is providing

jobs to young people and helping Nova Scotia develop a digital-technology industry.

"It means that they are able to stay here, that they are able to build their lives here, have their families here," said Dexter.

The refundable tax credit, which is set to expire at the end of 2014, is for the development costs of so-called interactive digital-media products.

THE CANADIAN PRESS

Immigration

Baillie says size does matter for N.S. population

Progressive Conservative Leader Jamie Baillie lamented the shrinking population among working-aged people during a campaign stop at the Halifax Metro Centre on Tuesday as he touted a plan to increase the province's population to one

million people by 2025. Attracting more immigrants to the province is key to its success, he said.

"A PC government will get a better deal with Ottawa to increase the number of immigrants coming to our province. Lower taxes, frozen power rates will keep them here."

Baillie's plan would mean attracting about 50,000 more people based on Statistics Canada's population estimate in 2012. THE CANADIAN PRESS

Dexter stands by cash incentives as way to stimulate economy

Election. Opposition leaders pan premier for 'handing blank cheques' to companies during TV debate

Premier Darrell Dexter defended his record on economic development in the face of opposition criticism Tuesday that his NDP government too easily handed out public money to the private sector.

Dexter said he would continue to provide financial incentives to companies if re-elected because Nova Scotia must compete with other provinces for investment.

"You cannot do away with incentive programs to bring business here," Dexter said during a roundtable discussion televised by CBC, the first head-to-head encounter of the three party leaders during the Oct. 8 election campaign.

Party platforms

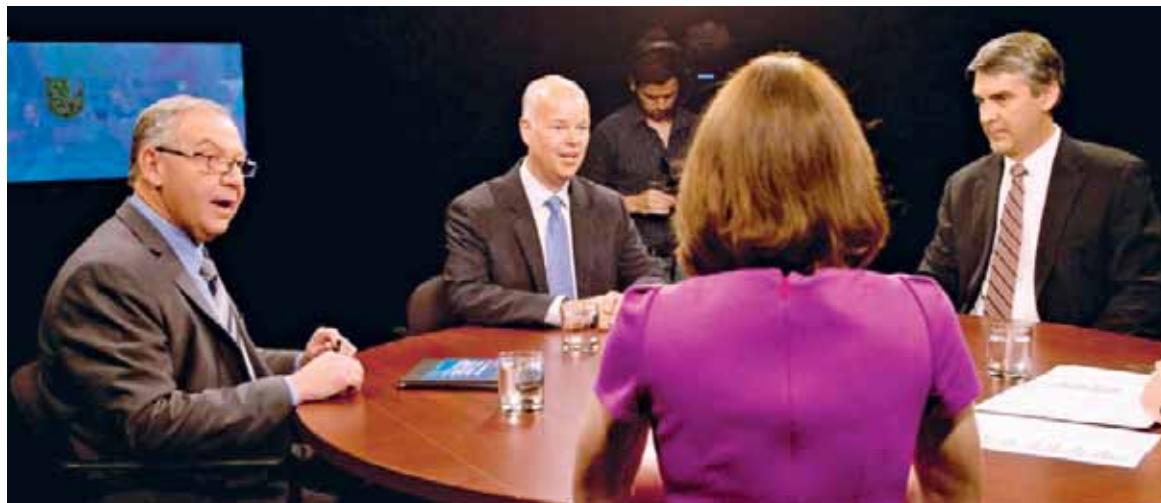
- Liberal Leader Stephen McNeil and Progressive Conservative Leader Jamie Baillie both plan to release their campaign platforms on Wednesday.
- Premier Darrell Dexter released his party's platform Friday, a day before the election was called.

"We have to compete. If we don't compete, then Nova Scotians are going to be left with a lesser fate than they deserve."

Dexter said he doesn't know where Liberal Leader Stephen McNeil stands on the issue and at one point questioned him directly on it.

"Mr. McNeil, would you actually cancel the economic incentives for business to come to our province?" he asked in one of their more lively exchanges.

"What we would have



From left, Premier Darrell Dexter, Progressive Conservative Leader Jamie Baillie and Liberal Leader Stephen McNeil during Tuesday's debate on CBC TV. JEFF HARPER/METRO

done, Darrell, is that we would have invested in sector development," McNeil replied. "We wouldn't have gone out handing blank cheques."

McNeil cited the province's non-repayable loan to Irving Shipbuilding for

the \$25-billion federal shipbuilding program as an example of a failed policy. He questioned the government's rationale for providing the \$260-million assistance.

"I think that if the Irving's had walked into any

lending institution in Canada or anywhere with that contract, they would've been able to secure that loan," McNeil said.

Progressive Conservative Leader Jamie Baillie also took issue with the Irving loan.

"Tell people like Mr. Irving, one of the richest Canadians, and the others, 'Look, we don't have a big cheque for you like Mr. Dexter used to have,'" Baillie said. "I think it's time that we cast away the old ways."

THE CANADIAN PRESS



The mailout displaying the NDP caucus logo and touting government accomplishments over the past four years. ANDREW VAUGHAN/THE CANADIAN PRESS

Partisan flyers within rules: NDP

NDP pamphlets funded by the Nova Scotian government are raising the ire of the Liberals and Progressive Conservatives who say taxpayers shouldn't pay for partisan ads on the eve of an election, but Premier Darrell Dexter said Tuesday his party has done nothing wrong.

The brochures are emblazoned with the NDP caucus logo and photos of Dexter and Finance Minis-

ter Maureen MacDonald. They also tout government accomplishments over the past four years and promises for the future.

Dexter said the pamphlets were cleared and sent out before the election was called Saturday.

"We worked with the Speaker's Office to make sure it was within all the rules and it complies as it should," he told reporters at a campaign event.

When asked if he had abused his power, Dexter replied: "Absolutely not."

A spokeswoman for Dexter said it cost \$40,000 to print and deliver the pamphlets to 220,000 households across the province. The first batch was mailed on Aug. 20, while a second set was sent on Sept. 3, said Jennifer Stewart.

Tory Leader Jamie Baillie said the New Democrats were clearly planning for an

election campaign before the flyers were distributed.

"They used taxpayers' money through their caucus office to send out a pretty political mailout on the eve of that election," he said. "That is wrong."

Elections Nova Scotia said it won't investigate the matter, as the brochures were sent out before the election was called Saturday.

THE CANADIAN PRESS

Later this week

Tropical storm to bring heavy rain

The Canadian Hurricane Centre says tropical storm Gabrielle, which redeveloped in the Atlantic and is approaching Bermuda, could bring heavy rain to parts of Nova Scotia and Prince Edward Island later this week.

The centre said Tuesday the storm's track takes it just east of Cape Breton and that heavy rain could fall because it will merge with a cold front that is expected to move into the Maritimes on Friday morning.

"The merging of fronts with tropical moisture or tropical storms, in general, is often a recipe for heavy rainfall," it said in an information bulletin issued Tuesday afternoon.

It said Newfoundland was on the warmer and more windy side of the storm's track, but it also warned that the storm could easily shift direction.

It was too early for the centre to give wind and rainfall predictions, but it expects to have a better idea on Thursday on wind speeds and rainfall amounts.

"If the storm persists and develops further, highest waves and winds would be over southeastern Maritime and most Newfoundland waters," the bulletin added.

Bermuda prepared for the arrival of the storm Tuesday, suspending ferry services as wind and rain started to pick up.

Gabrielle was expected to strengthen in the next two days and pass over or near Bermuda by Wednesday morning.

THE CANADIAN PRESS

Here's a novel to fawn over

Reading along. Nova Scotians invited to join provincewide book club



HALEY RYAN

haley.ryan@metronews.ca

A young girl scoops up a stunned bird among the flower bed of a wide street. Her dog sniffs the ground, picking a careful trail through the garden in search of other crushed wings.

Readers across Nova Scotia will soon turn the pages of Alissa York's novel *Fauna* and meet a cast of characters including Lily and her dog, saviors of the birds who hit Toronto skyscrapers during migration season.

Fauna was announced as this year's choice for One Book Nova Scotia on Tuesday morning at the Nova Scotia Community College's waterfront campus in Dartmouth.

"It's almost like being in a book club with everyone in Nova Scotia," said Marlo MacKay, spokesperson for the program.

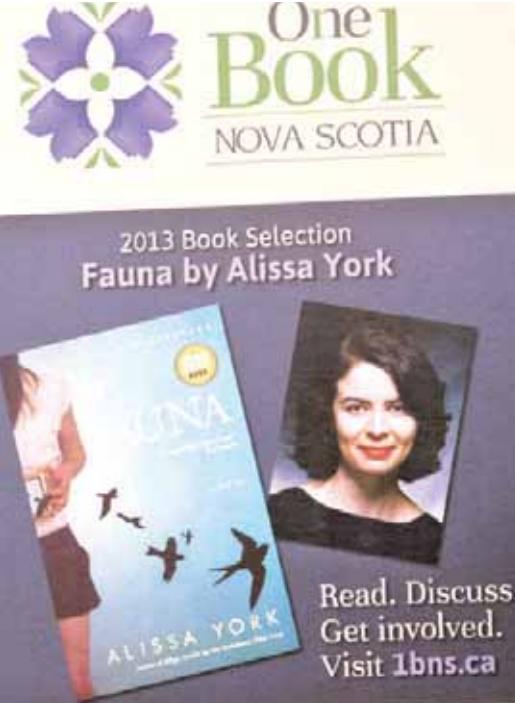
"We really hope to contribute to the culture of reading across the province."

Now in its second year, the One Book project runs from Sept. 10 to Nov. 2. Start-



Jennifer Evans, provincial librarian, unveils this year's One Book Nova Scotia title during a launch event at the NSCC Waterfront Campus on Tuesday.

JEFF HARPER/METRO



Read. Discuss.
Get involved.
Visit 1bns.ca

ing in early October, York will be visiting towns across the province for book readings.

Jennifer Evans, director of the Nova Scotia Public Library, said the program was very successful last year, with more than 450 people

attending meetings and hundreds reading *Twenty-Six* by Leo McKay Jr.

With new technology, Evans and MacKay said a reader in Yarmouth could connect with one in Sydney through Facebook and Twitter and have a lively debate.

"You know that feeling of when you've read a great book, and you want to talk to people about it, but no one else that you know has read it?" said MacKay.

"So you feel kind of lonely ... This is the chance to connect with others."

In numbers

1,100

Number of times last year's book from the One Book project was borrowed from Nova Scotia libraries

NASCAR model race cars stolen during arson

Halifax police are asking for the public's help after six NASCAR die-cast model racing cars were stolen during an arson last month at a Fairview apartment building.

Police say on Aug. 9 around

12:45 p.m., a fire broke out in an apartment in the 3700 block of Dutch Village Road. The apartment received heavy damage from the fire, which was determined to be deliberately set, and several

items were stolen.

Amongst those stolen items were the NASCAR model race cars that were enclosed in plastic display cases and individually labelled with the last name of the

driver.

The stolen models are Bobby Labonte, Dale Earnhardt (black), Daleda Earnhardt (red), Kevin Harvick (grey), Ryan Newman (black and blue) and Jimmie John-

son (blue and grey).

"We are hoping someone might have seen them for sale somewhere," said police spokesman Const. Pierre Bourdages.

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Actress Emily Hampshire of All the Wrong Reasons poses at the Guess Portrait Studio during the 2013 Toronto International Film Festival on Monday. The coming-of-age movie is showing at the Atlantic Film Festival on Friday.

LARRY BUSACCA/GETTY IMAGES

Council starts process to OK new Nova Centre design

Halifax regional councillors have voted to start the process of approving the new design for the Nova Centre.

Council voted unanimously to allow city staff to begin amending planning regulations to accommodate the changes inspired by public consultation sessions held from July to December 2012.

The changes include relocating elements of the convention centre, including a ballroom, above ground and above Grafton Street; enlarging the size of the towers; and turning



The proposed design for the Nova Centre. CONTRIBUTED

Current HRM bylaws prohibit the closure of streets in order to allow city blocks to be consolidated for development, and council will have to consider an "exception" to the current Municipal Planning Strategy.

The changes will be subject to a public hearing process and their council approval.

Once the design has been approved, the full complex will be considered for site plan approval.

The entire process is expected to take about eight months.

RUTH DAVENPORT/METRO

Grafton Street into a "shared pedestrian passageway, event space and vehicular access to the underground parking."

Emily Hampshire feeling right at home for Atlantic Film Festival

All the Wrong Reasons.

Canadian actor joins late Cory Monteith in department-store drama filmed in Halifax



HALEY RYAN

haley.ryan@metronews.ca

Festival details

The Atlantic Film Festival opens Thursday and runs until Sept. 19.

- For tickets and a full schedule for the festival, go to atlanticfilm.com.

This weekend, locals can catch a glimpse of an old Halifax Zellers as the backdrop for adultery, lies and redemption amongst the clang of cash registers.

All the Wrong Reasons, a drama starring Emily Hampshire, Kevin Zegers and Cory Monteith, is hitting the big screen Friday night at the Atlantic Film Festival and shows the intersecting lives of people working in "Fairfax," a fictional department store.

Hampshire, originally from Montreal, said her favourite moment was when she trained as a cashier for her role of Nicole, a single

mom "struggling to hold on to her youth."

"I was so into doing the folding, and would this be on your Zellers card? ... and all the little intricacies of being a cashier," Hampshire said during a phone interview from Los Angeles.

"My favourite was stocking stuff, because I can really do repetitive things," she laughed.

For Hampshire, the movie is a coming-of-age story for those making the transition from their 20s to 30s — "that period of time that nobody tells you about."

"You don't feel like you're grown-up enough

Quoted

"I really think the performances are amazing."

Emily Hampshire of her co-stars

Caught masturbating

Police seek Peeping Tom

Police are looking for a man who they say was caught masturbating while looking into an apartment window in Halifax.

The incident happened at 5:30 a.m. Sunday in the 0- to-100 block of McFatridge Road. Police say the suspect ran when he was noticed by a person inside and officers weren't able to locate him.

He's described as being a white man in his early 30s, five-foot-nine and with a slim build. He was wearing a red sweater and baseball cap.

METRO

Two assailants. Man robbed in park, threatened with broken bottle

Halifax police are looking for two men after someone was robbed and threatened with a broken bottle while walking in Point Pleasant Park on Monday night.

The robbery occurred around 10 p.m. in the upper parking lot area near Tower Road.

The victim, 21, was on the main path off Tower Road when police say he was approached by two men, who threatened him with a broken bottle and demanded

to deal with all these (responsibilities), but you are, which is so difficult," Hampshire said.

Although there are dark and emotional themes in the movie, like Nicole's affair with Monteith's store-manager character, Hampshire said there are many funny and touching moments as well.

Hampshire said the first time she met Monteith she expected to see a teenager, just like the football-star role of Finn Hudson he played on Glee before his death in July.

"He was excited to do this, he's actually playing an adult ... a man," Hampshire said.

"He isn't ... or wasn't — it's very weird to talk about — wasn't jaded in a way you'd think somebody might be," Hampshire said in a quieter voice.

Hampshire said while she knows some will look for signs of Monteith's reported addiction troubles, she hopes most people will focus on his "great performance."

"What I took from him is someone who was so themselves, and lovely to be around," Hampshire said.

Suspect descriptions

The suspects in the robbery are described as white men who were both wearing dark clothing.

his wallet.

The victim had his wallet stolen and received a cut to his hand and a scratch to his face from the bottle.

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Ponder before you puff. Pot can trigger psychosis in those prone to it: Study

A national study on pot use and psychosis released by the Schizophrenia Society of Canada (SSC) on Tuesday shows the drug can trigger and worsen psychosis in young people already prone to the psychiatric disorder.

The research is part of an SSC project funded by Health Canada that aims to give young people pause before they light their first joint.

"Hopefully it'll inform kids as to whether or not to use cannabis based on a knowledge of their family's (mental-health) history," explained SSC CEO Chris Summerville.

"Does marijuana specifically in and by itself cause a mental illness? No. But does it make your risk greater? Yes."

Summerville said past research has shown young people who are already vulnerable to psychosis are four

How it works

According to the Schizophrenia Society of Canada, scientists think cannabis can cause psychosis because it interrupts neurotransmitters, like dopamine, which can interfere with the brain's communication systems.

to seven times more likely to become ill.

The recently completed four-year study, led by Dr. Katherine Boydell at Toronto's Hospital for Sick Children, saw 28 young people who had both used pot and experienced psychosis chosen as research assistants to lead interviews, focus groups and workshops with 50 other young people with similar experiences.

SHANE GIBSON/METRO IN WINNIPEG

The Arctic. Three dead in daytime helicopter crash

Three people are dead after a Canadian Coast Guard helicopter crashed in Arctic waters during a routine patrol to check ice conditions.

The helicopter had been stationed on the icebreaker Amundsen, which was sailing through M'Clure Strait in the western Arctic as part of a program of scientific study.

Those killed have been identified as Marc Thibault, commanding officer of the ship; helicopter pilot Daniel Dube and Klaus Hochheim, a veteran University of Manitoba Arctic scientist.

"We are deeply affected by

this tragedy," said Mario Pelletier, the coast guard's assistant commissioner. "Our deepest condolences go to the families of our colleagues, who we like to think of as our friends."

"We lost contact with the helicopter. The ship made its way to the last known position and found three persons in the water."

Pelletier said weather conditions at the time of the crash Monday were good. The accident occurred during daylight.

All three who died were wearing safety equipment at the time, Pelletier said.

THE CANADIAN PRESS



A woman wears a niqab as she walks in Montreal. If adopted, the ban would also apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants. **RYAN REMIORS/THE CANADIAN PRESS**

Charter of Values pits career against faith

Quebec. Politicians swiftly condemn plan to ban religious symbols for public employees

Quebec would become the only jurisdiction in North America to impose a sweeping ban on religious clothing for public employees, including at schools, hospitals and courthouses, under a "Charter of Values" whose details were released Tuesday.

If adopted, the plan would apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants.

It would impose a career-or-faith dilemma on judges, police, and prosecutors; public daycare workers; teachers; hospital workers; municipal personnel; and employees at state-run liquor stores.

The early reaction suggests the plan will not pass in the current legislature in its present form, which leaves two likely outcomes: it will either

be watered down or kept intact for later use as an election issue when the Parti Québécois seeks a majority government.

The minister responsible for the plan presented it as a guarantor of equality within a secular state.

"Quebec is increasingly a multiethnic, multireligious society," said minister Bernard Drainville. "This is a great source of richness. It's also why

we need clear rules."

The details were swiftly slammed by much of the political class. The federal government announced that it will seek the advice of the Department of Justice and then head to court if the proposal is deemed to violate fundamental rights. Both main Montreal mayoral candidates also condemned the idea.

THE CANADIAN PRESS

'We need clear rules'

Plan appears inconsistent

The enormous crucifix on the property above Montreal's Mount Royal will be spared. So will the cross that looms above the legislative chamber. The PQ's logic is that Quebec has a heritage to protect.

Minister Bernard Drainville grappled with questions about other inconsistencies.

Would elected officials be subject to these rules? No, he replied; voters have a right to choose their representative. That means Quebecers could elect a premier with a hijab — who would then force her employees to remove theirs.

What about courtroom witnesses and elected politicians who still swear an oath on the Bible?

"Oh, my God," Drainville replied. "We'll get back to you." **THE CANADIAN PRESS**

Street View

Court confirms Google goofed by data trawling

Attorneys suing Google for enabling its camera-carrying vehicles to collect emails, passwords, images and documents while photographing neighbourhoods for the search giant's "Street View" maps look forward to resuming their case now that a federal appeals court has ruled in their favour.

The U.S. Court of Appeals in San Francisco said Tuesday that Google went far beyond listening to accessible radio communication when they drew information from inside people's homes.

"Even if it is commonplace for members of the general public to connect to a neighbour's unencrypted Wi-Fi network, members of the general public do not typically mistakenly intercept, store, and decode data transmitted by other devices," wrote the three-judge panel. **THE ASSOCIATED PRESS**

Picking Mr. Right

Do modest gonads mean better dads?

Men with smaller testicles appear to be better fathers to toddlers, according to new research.

They are more likely to be involved in hands-on care, anthropologists at Emory University have found.

Their research also found that smaller testicular volumes correlate with more nurturing-related brain activity in fathers as they are looking at photos of their own children.

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Obama pitches Syria strike to U.S.

Chemical weapons.

President advocates diplomacy in address to nation, but insists he will 'be ready to respond' if measures fail

U.S. President Barack Obama made an impassioned pitch to Americans on Tuesday night to support his push to punish Syria for purportedly gassing its own citizens, assuring a war-weary nation that a military strike is necessary because "this is not a world we should accept."

"When dictators commit atrocities, they depend upon the world to look the other way until those horrifying pictures fade from memory," Obama said in a televised address from the White House at the end of

a day of breakneck developments on the Syrian crisis.

"But these things happened. The facts cannot be denied. The question now is what the United States of America and the international community is prepared to do about it, because what happened to those people — to those children — is not only a violation of international law, it's also a danger to our security."

Obama took to the airwaves amid hopes that a diplomatic solution is at hand, one engineered by Russia, a frequent U.S. antagonist and Syrian ally. Bashar Assad's regime said it's accepted Russia's proposal to place its chemical weapons under international control for subsequent dismantling.

Such a move, if sincerely implemented, could avert the need for American military intervention in the war-torn Middle Eastern country. The

War-weary country

I will not pursue an open-ended action like Iraq or Afghanistan.... This would be a targeted strike ... deterring the use of chemical weapons.

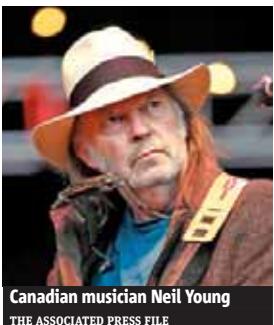
U.S. President Barack Obama

Russian proposal hit a snag later Tuesday, however, when Russian President Vladimir Putin objected to a French proposal involving the United Nations Security Council.

Nonetheless, Obama said he'd asked Congress to postpone a vote on authorizing a military strike in Syria as Secretary of State John Kerry heads to Geneva on Thursday to meet with his Russian counterpart to discuss a possible resolution.

THE ASSOCIATED PRESS

Neil Young: Oilsands a wasteland



Canadian musician Neil Young
THE ASSOCIATED PRESS FILE

Canadian music legend Neil Young has waded into the debate over the Keystone XL pipeline with inflammatory comments that compare Fort McMurray, Alta., to the scene of an atomic bomb strike.

Young told a press conference in Washington that he had visited Fort McMurray, home base to northern Alberta's oilsands development, on a driving tour within the past two weeks and he called it a wasteland that looks like

Hiroshima.

His comments came the same day that Natural Resources Minister Joe Oliver was in the American capital talking up Canadian environmental policy and TransCanada's Keystone project, which is designed to carry Alberta bitumen to refineries on the Texas gulf coast.

Young told an event supporting ethanol and the National Farmer's Union that he is against Keystone "in a big way."

THE CANADIAN PRESS

China. Boy who had eyes gouged gets implants

A six-year-old Chinese boy whose eyes were gouged out received implants Tuesday at a hospital in southern China owned by a Hong Kong doctor who offered the operation after learning about the brutal attack.

The implants are a precursor to fitting the boy with prosthetic eyes that will look and move more like normal eyes, but do not restore vision. Doctors at the C-MER (Shenzhen) Dennis Lam Eye Hospital also plan to fit Guo Bin — nicknamed Bin Bin — with navigation sensors that would allow the boy to get around on his own in familiar places.

"As his parents, we are full of hope," the boy's father, Guo Zhiping, said over the phone while waiting for the surgery to finish. "We have yet to tell him that his vision would be lost forever."

THE ASSOCIATED PRESS

Asia

25% of men in six Asian countries have raped: Study

About one in four men in some parts of Asia admitted raping a woman, according to the first large studies of rape and sexual violence. About one in 10 admitted raping a woman who was not their partner.

International researchers said their startling finding should change perceptions about how common violence against women is and prompt major campaigns to prevent it.

In the new research, male interviewers surveyed more than 10,000 men in Bangladesh, China, Cambodia, Indonesia, Sri Lanka and Papua New Guinea.

"It's clear violence against women is far more widespread in the general population than we thought," said Rachel Jewkes of South Africa's Medical Research Council, who led the two studies.

THE ASSOCIATED PRESS

India

Gang rapists guilty on all 11 counts

A court convicted four men Tuesday in the deadly gang rape of a young woman on a New Delhi bus, a brutal crime that galvanized public anger over the widespread — yet widely tolerated — sexual violence faced by Indian women.

The men face the possibility of hanging.

THE ASSOCIATED PRESS

Switzerland

Swiss lawmakers raise legal age for prostitution to 18

Lawmakers in Switzerland, where prostitution is legal, have agreed to make it a criminal act to pay for sex with anyone who is under 18 years old.

The legal age for prostitution would rise to 18 years, up from 16, under an amendment passed by the lower house unanimously Tuesday.

THE ASSOCIATED PRESS

NOTICE

In the matter of the Halifax Regional Municipality Charter and in the matter of the Municipal Government Act.

Hereby take notice that on September 6, 2013 the Minister of Service Nova Scotia and Municipal Relations did, through Ministerial Order, establish the site of the Nova Centre Subgrade Portion (as defined in the Order) as an interim planning area under the HRM Charter.

The Ministerial Order may be viewed at the Service Nova Scotia and Municipal Relations web site:
novascotia.ca/snsmr/municipal/planning/nova-centre.asp



Apple covers off high and low ends with dual iPhone launch

Sept. 20 release.

5C aims for cheap and cheerful, while 5S aims to set 'gold standard'

Apple's latest iPhones will come in a bevy of colours and two distinct designs, one made of plastic and the other that aims to be "the gold standard of smartphones" and reads your fingerprint.

Apple unveiled the latest iPhone models, available on Sept. 20 in Canada and many other countries, during an event at its Cupertino, Calif., headquarters. The move comes as rival phones from Samsung and other manufacturers are challenging Apple's hold on the smartphone market.

The lower-cost iPhone 5C will be available in five colours — green, blue, yellow, pink and white. It has a four-inch retina display and is powered by

Pricing

- The iPhone 5C will cost \$99 US for a 16 GB model and \$199 US for a 32 GB model with a two-year contract in the U.S.
- The second phone, the 5S, is "the most forward-looking phone we have ever created," said Phil Schiller, senior vice-president at Apple. It will cost \$199 US for a 16 GB model, \$299 US for 32 GB and \$399 US for 64 GB with a two-year contract in the U.S.

Apple's A6 chip. It also has an eight-megapixel camera, live photo filters and a rear cover that lights up.

Apple also said its next mobile operating system, iOS 7, will be available as a free download on Sept. 18.

THE ASSOCIATED PRESS



Apple CEO Tim Cook speaks about the new iPhone during a product announcement on Tuesday in Cupertino, Calif. The company launched two new iPhone models that will run iOS 7. The 5C is made from a hard-coated polycarbonate and comes in five colours. The 5S comes in three colours — silver, gold and "space grey" — and features a fingerprint sensor, an upgraded camera and an A7 chip. JUSTIN SULLIVAN/GETTY IMAGES

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all are welcome to the reception following the lecture

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Telecom. Open industry to foreign players: Bell CEO

Foreign-investment restrictions should be lifted for big telecom companies to allow the market to decide how many wireless competitors Canada can support, Bell CEO George Cope said Tuesday.

"There's nothing to be afraid of. Bring the competition on," Cope told the annual BMO media and telecom conference.

Big telecoms such as Bell, Telus and Rogers are restricted under federal rules from being more than 33 per cent foreign owned, while small players

Quoted

"There's nothing to be afraid of. Bring the competition on."

Bell CEO George Cope, speaking at an annual media and telecom conference

with less than 10 per cent market share have no limits.

The change in rules were a move by the federal government to increase competition in the sector. THE CANADIAN PRESS



Sailing on the sunny side

The Turanor PlanetSolar, the world's largest solar-powered boat, travels on the Seine River outside Paris on Tuesday after completing a three-month voyage across the Atlantic Ocean to study how the Gulf Stream and climate change could influence each other. CHRISTOPHE ENA/THE ASSOCIATED PRESS

One-per-centers

Income gap in U.S. hits record

The income gap between the richest one per cent and the rest of America widened to a record last year. The top one per cent of U.S. earners collected 19.3 per cent of household income in 2012, their largest share in Internal Revenue Service figures going back a century. U.S. income inequality has been growing for almost three decades.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.64¢ (+0.24¢)

TSX
12,824.48 (-30.16)

OIL
\$107.39 US (-\$2.13)

GOLD
\$1,364 US (-\$22.70)

Natural gas: \$3.58 US (-2¢)
Dow Jones: 15,191.06 (+127.94)

Plastic pounds. BoE considers replacing paper banknotes



Samples of the proposed new British polymer bank notes are displayed in London on Tuesday. THE ASSOCIATED PRESS

Britain is pondering plastic pounds. The Bank of England is considering replacing paper money with polymer banknotes which are billed as cleaner, stronger and more secure.

The bank said Tuesday it will hold a public consultation, bringing samples of plastic money to shopping centres so that members of the public can feel the difference.

Polymer banknotes — made from transparent plastic film coated with layers of ink — are used by countries including Canada, Australia and Mexico.

THE ASSOCIATED PRESS

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metronews.ca
Wednesday, September 11, 2013

VOICES

11

RAPE NOT ONE OF THE THREE R'S

So much for higher education.

Here's what school spirit sounds like in 2013: "Y is for your sister"; "O is for oh-so-tight"; "U is for underage"; "N is for no consent" and "G is for go to jail."

That now-infamous rape chant was an integral part of frosh week at the UBC Sauder School of Business and (a similar version at) Saint Mary's University in Halifax this year, and who knows where else — a version was featured in Yale's hallowed Ivy League halls a couple of years ago.

Make no mistake, this chant was led by student leaders. Apparently, that's what "student leader" means. Someone who will lead your kids down the garden path and make them think that raping female children is just frosh hijinks, along with chugging quarts of beer or setting fire to your under-



JUST SAYIN'
Paul Sullivan
metronews.ca

pants.

So, parents, you might ask your own freshmen what's on their frosh agenda. Not that they'll tell you, if this is any indication of what they're up to.

You might not believe it if you hadn't seen the video of fresh-faced young men AND women gleefully joining the chant at Saint Mary's. Thanks to social media, there aren't as many dark corners as there used to be. Or, more accurately, the corners are still dark; they're just more likely to be exposed.

The grown-ups allegedly in charge at UBC and Saint Mary's are behaving like deer caught in the headlights. Applying feverish damage control: lots of public declarations of chagrin, frosh-week funding cuts, inquiries and demands for the resignations of the bozos responsible. We'll give them the benefit of

the doubt, but let's not be naïve. At Saint Mary's, at least, the chant is a tradition. It's been going on for 10 years.

They're all so surprised the student body has fleas. Maybe it's an honest surprise, not just a butt-covering surprise, but they're too quick, IMHO, to characterize the rape chant as an aberration, something wicked that crept in the back door that somehow hijacked otherwise morally upright kids.

This from the Sauder school dean Robert Helsley: "I couldn't believe it. It's so inconsistent with everything we try to teach our students, and inconsistent with our student body. They are incredibly bright, energetic young people who want to make a positive contribution to society."

Right. Campus Jungle 101: Who wants to be the Lord of the Flies?

Let me put this to every member of the student body: You're only as strong as your weakest link. If you dismiss this as the work of a few harmless troglodytes, just remember that's your sister they're braying about.

ZOOM

Darling, it's better under the sea



MARC HENAUER/SOLENT NEWS

Alpine park turns into water world

For one month of the year in the Alps, a green meadow is transformed into an underwater world by the melting snow of the mountains.

At the Green Lake in Tragoess, Austria, visitors trade hiking boots for scuba gear to explore the flooded park. Marc Henauer from Perly, Switzerland, visited the park with his wife and snapped the mesmerizing views of the area.

Photographer's view



"It felt like I was swimming in a magical world — it was so beautiful. Swimming over the green grass, rocks and trees — it was like being in a fairy tale."

Marc Henauer, 39, scuba diver and photographer from Perly, Switzerland

Awesome thaw

- Lake in depth.** Twelve metres of water is how deep the Green Lake becomes after snow thaws and water submerges the surrounding grass, trees and park benches. In the autumn and winter the lagoon in the park is normally only one metre deep.
- Green water.** The lake's distinctive green hue is the result of the chlorophyll-rich grass and foliage.

While in France a lake turns red

This Austrian water park is not the only unusual yet natural lake phenomenon in Europe.

A lake in Camargue in southern France turns red thanks to an interaction between the water's high salt content and microorganisms. Salt-loving micro-algae called Dunaliella salina feed on the crystals, producing a reddish pink pigment.

Giant Boulder Of Death: Somewhat surprisingly, Adult Swim has become one of the App Store's most dependable publishers, a streak that continues with this destructive take on the Katamari series. Take control of a romantically jilted boulder and create as much chaos as possible while rolling toward revenge. Hugely fun and totally free. (iOS/\$4.99)

Warhammer Quest:

A dungeon-crawler adaptation of the classic tabletop strategy game that tasks you with killing everything standing in your way as you move from settlement to settle-



ANDREW FIFIELD
andrew.fifield@metronews.ca

So the curtain was lifted on the newest iPhone Tuesday, which means the iPhone users among us are looking at our still-amazing pieces of technology with at least a little disdain. Rekindle that old flame with some new games.



ment. Simple sounding stuff, sure, but the gameplay is deep enough to carry it. However, leaving the development of your characters at the mercy of random dice rolls can be a bit of a drag. (iOS/\$4.99)

Ninjin:

The ninja-rabbit simulator you've been waiting for has finally arrived. Equip yourself with an arsenal of unique weapons and lace together combos while putting the boots to a wide variety of enemies in a wildly fun side-scrolling beat-'em-up. The demo is free, so what's the harm in trying? (iOS/\$0.99)

Twitter



@eh_c: Bundle with fedora, skinny jeans, and Ray-Bans.

@metropicks asked: Apple unveiled a new iPhone + improved iOS. What would you have liked to see in the new gadget?

@BrianBlatnicki: Simple. Give it killer battery life!!!

@paulvt: Looks like I have to wait for the iPhone 6 for DNA analysis and sobriety testing.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

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SCENE 2

14 SCENE

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Robert De Niro has played both spectrums of the gangster flick but he returns to the humorous side of the genre with *The Family*. HANDBOUT

Le Cosa Nostra not so serious

New movies. From killers to killers of comedy, the gangster movie genre bends to both sides of the spectrum but never breaks



IN FOCUS

Richard Crouse
scene@metronews.ca

For every serious mafia drama like *Carlito's Way*, there is another film that doesn't take the La Cosa Nos-

tra as seriously.

Gangster comedies like *The Gang That Couldn't Shoot Straight* and *Some Like It Hot* are early examples of gangland gigglers.

This weekend Robert De Niro, who won an Oscar playing Vito Corleone in *The Godfather*: Part II, and Michelle Pfeiffer, who played a gangster's moll in *Scarface*, team up for *The Family*, a darkly comedic mafia movie.

The film also features Sopranos star Dominic "Junior Soprano" Chianese and Vincent "Big Pussy" Pastore in a story about notorious crime family the Manzoni's, who find themselves relocated to Normandy, France as part of

the witness protection program. Trouble is, they have some difficulty blending in with the locals.

This isn't the first time De Niro has played his tough guy image for laughs. In *Analyze This* and its sequel *Analyze That*, he's Paul Vitti, a mob boss who suffers from panic attacks.

To help him through he hires psychiatrist Dr. Ben Sobel (Billy Crystal).

"What is my goal here?" asks the doctor. "To make you a happy, well-adjusted gangster?"

The first movie was a big hit — both commercially and critically, but the second one didn't fare as well. Roger

Ebert wrote, "what seemed like a clever idea the first time feels like a retread the second."

In *The Whole Nine Yards* former hit man Jimmy the Tulip has trouble adapting to life on the right side of the law.

As played by Bruce Willis he's in hiding after ratting out members of Chicago's deadly Gogolak gang.

When his identity is discovered by his neighbour (Matthew Perry) Jimmy has to reluctantly revert to old habits to survive.

"It's not important how many people I've killed," he says. "What's important is how I get along with the

people who are still alive."

Years before *Pride and Prejudice and Zombies* became an unexpected literary hit, Hollywood co-opted the marquee value of Jane Austin's name. Director Jim Abrahams of *Naked Gun* and *Top Secret* fame looked to the underworld for the inspiration of Jane Austin's *Mafia*.

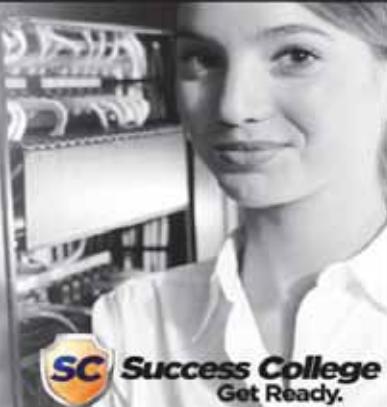
A spoof movie that draws heavily on Martin Scorsese's *Casino* (and not so much on Austin's oeuvre) it marked Lloyd Bridges' last appearance on the big screen, playing a Mafia godfather.

The flick is a quick watch. It runs for a scant 84 minutes, six of which are taken up with credits.

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Jane Lynch. PHOTOS GETTY IMAGES

There will be no Glee in Lynch's divorce

Apparently Jane Lynch's divorce from Lara Embry will be an expensive one, as the Glee star is reportedly being asked to pay more than \$90,000 per month in spousal support to Embry for an annual total of \$1.1 million, according to TMZ.

A document filed last week lists monthly expenses including \$12,000 for entertainment, \$5,000 for charitable donations and

\$4,500 for meals at restaurants, though \$59,909 of the amount requested is meant to go toward "unknown" expenses. The pair separated earlier this summer after three years of marriage. Lynch seems OK with the development, at least, telling a photographer outside a West Hollywood café,

"I think it's the law, isn't it? I think it's the law, so I go with the law."



Keira Knightley

Knightley has had enough of the singing

Keira Knightley isn't one to shy away from a challenge, so when she was asked to sing for her latest film, Can a Song Save Your Life? she dove right in.

But once is apparently enough.

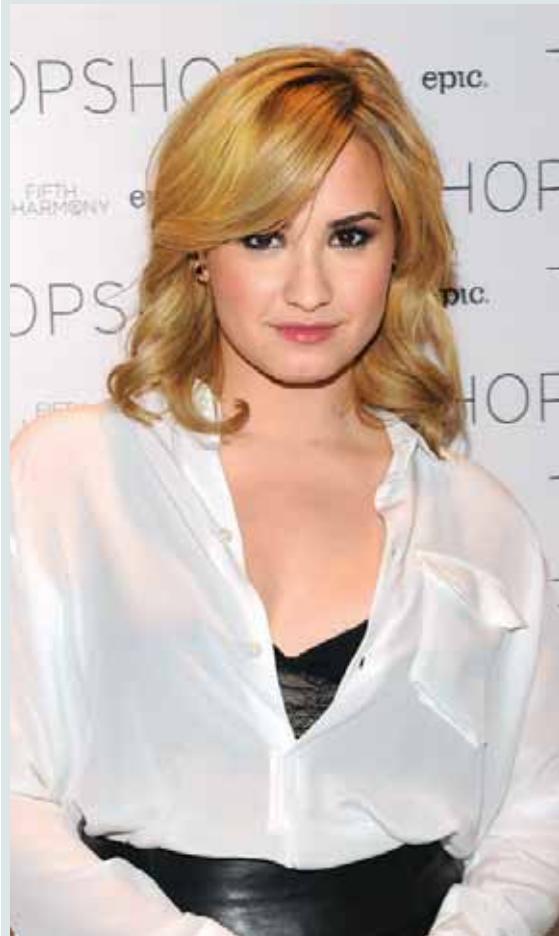
"I literally was given the

songs for this about a week before we started shooting," she tells E! News. "We had to go straight into the studio, and I had never sung before and I had to just kind of try and figure it out. So that's what I did. I'm not going to do it again, that was it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Demi Lovato's all a-Twitter this year with two book deals

THE WORD
Dorothy Robinson
scene@metronews.ca

Demi Lovato's tweets are being turned into a book, the Macmillan imprint Feiwel and Friends announced on Monday.

"Staying Strong: 365 Days A Year will be a powerful 365 day collection of Demi's most honest, brave and hopeful insights," the press release states.

"Here are her own words, with quotes that

inspire her, as well as personal reflections and goals. This is a book for everyone, everywhere, on their own journey who need comfort, inspiration and a reason every day to stay strong."

The book will be available on Nov. 19 with a Spanish edition, titled Se Fuerte: 365 Dias Al Año on Dec. 3.

A memoir by the singer and actress is also in the works.

Lovato is taking over all media in 2013, it seems. In addition to working on this two-book deal, she'll be judging The X Factor, as well as appearing on Glee this fall. The singer and actress will play a love interest for ex-cheerleader Santana.

"She's playing my love interest, so I'm very, very excited about that. We get to sing a song together," Naya Rivera, who plays Santana, told MTV.



Sandra Bullock

Bullock's boy has a man-crush on Clooney

When it comes to giving her three-year-old son, Louis, some time with a male role model, Sandra Bullock doesn't bother with half-measures.

She goes straight to George Clooney.

"My son thinks he's a very cool dude," she told reporters

at the Toronto International Film Festival while promoting Gravity, her new film with Clooney for director Alfonso Cuarón. "If there's a choice between me (and) George and Alfonso, my son will leave me to be with George and these guys. He's a boy's boy, so he has to go talk to the men."



James Franco

Franco flattered by gay jokes at roast

James Franco wasn't bothered by all the gay jokes hurled his way at his recent Comedy Central roast. In fact, he welcomes them.

"Bring on the gay jokes,"

he tells the Daily Beast. "Because these aren't insults at all. I don't even care if people think I'm gay, so it was like, awesome! I mean, I wish I was... I wish I was gay."

Twitter



@channingtatum

Thanks Twitterverse for the follows! 5 Milion strong and grateful for all of you.



@kirstiealley

soooo...I made the grave mistake of wearing very high, very painful shoes to film in today...oh my God Im in hell!!!!!!



@SethMacFarlane

When Dudley Moore switched bodies with Kirk Cameron in "Like Father Like Son", why didn't Kirk Cameron have an English accent?





I would not bike 3,000 miles

Just to be the person who did the entire corridor. You're better off choosing a smaller chunk when cycling Quebec's La Route Verte

Quebec's 3,000-mile bicycle network, La Route Verte, has attracted plenty of buzz since National Geographic named it the world's top cycling destination in 2007. But who's got time for 3,000 miles? Most cyclists will want to plan a trip for a few days or a week, and that takes, well, legwork.

That legwork unfolded over months and included scrolling through goofily

translated French-to-English web pages in search of useful information. It culminated with rides on two distinct routes in late summer: the P'tit Train du Nord (Little Train of the North) rail trail, running for more than 160 km north of Montreal; and a staggeringly beautiful stretch along the St. Lawrence River from Quebec City east toward the Gaspe Peninsula. This route is also a compelling trip by car.

Route Verte, or green way, is a carefully managed network of off-road trails, dedicated bike lanes and quiet country roads, sometimes linked by moderately busy roadways with decent shoulders — nothing too hair-raising. Its routes

The green way is the easy way

It's about as close to being coddled as self-supported cycling gets.

have shuttle services, and accredited establishments are obliged to offer healthy, hearty food, safe storage for bikes and access to repairs and shelter. Inspectors come around to check on that. It's about as close to being coddled as self-supported cycling gets.

The P'tit Train du Nord journey went down smooth and easy — call it the milk chocolate dip. About half is paved; the rest is fine-crushed stone. Towns pop up where you need them as you sweep past placid lakes,

rushing waters and mixed stands of hardwood and softwood forest.

The St. Lawrence is more intense, an explosion of garden flowers, wildflowers, dramatic river vistas, commanding churches in storybook villages and gastronomic adventures. Call it the Classique Noir dip of the ice cream shop.

In both areas, it's hit and miss trying to converse in English in small towns or rural areas, though easier in cities and at tourist attractions. But efforts by

visitors to try even a bit of tortured French are welcomed.

So is Quebec worthy of the world's best biking destination?

The Little Train of the North pulls its weight as an enticing bike trail, probably better than the St. Lawrence for families and anyone who doesn't want to mess with a single car while on the bike. For American cyclists, though, there are equally terrific rail trails that may be closer to home.

Route Verte 1, however, is surely in a league of its own. Its farther reaches will be what draw cyclists back, with a pit stop, of course, for ice cream, if the poutine do the trick first.

THE ASSOCIATED PRESS

		DAILY QUESTIONS
		WEEKLY PRIZES
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TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6	Avicii	Wake Me Up
5	Lana Del Rey	Summertime Sadness
4	Miley Cyrus	We Can't Stop
3	Drake	Hold On, We're Going Home
2	Katy Perry	Roar
1	Florida Georgia Line ft Nelly	Cruise

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Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada
Job Type: Full-Time
Granite & Marble Fabricator wanted for shop in Bayers Lake Park in Halifax. Full time employment, starting at \$15/hr Minimum 5 years experience.

Cook wanted for Greek Cuisine in Bayers Lake restaurant

Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada
Job Type: Full-Time
Cook wanted for restaurant that specializes in Greek/European Cuisine, full time employment, must have at least 3 years experience, and starting at \$13/hr.

Pastry Makers specializing in Greek/Middle Eastern pastries

Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada
Job Type: Full-Time
Pastry Makers specializing in Greek/Middle Eastern pastries needed for Pastry Shop in Bayers Lake Park, minimum 5 years experience, starting at \$13/hr.

For more info please call Peter at 830-3445

High in protein, low in price



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Proving it's cheap to eat well, deliciously, simply and healthy should be the job of a superhero. But, in the absence of her, here goes.

This soup takes mere minutes to assemble, less than 30 to simmer and provides 17 grams of protein, 78 per cent

Ingredients

Soup

- 2 tsp butter (\$0.06)
- 1 small onion, chopped (\$0.88)
- 2 cups lentils (\$0.98)
- 2 small red potatoes, chopped (\$0.75)
- 2 carrots, chopped (\$0.25)
- 1 litre broth (\$2)
- 6 cups water
- 2 tsp dried basil (\$0.06)
- 2 cups tomato juice (\$1.25)
- 3 tbsp molasses (\$0.25)
- 3/4 cup white wine – optional (\$1)

Total \$7.48 / per serving \$0.94

of your fibre for the day and only 350 calories per serving.

The tea biscuits round it out to a hearty meal.

It's Wonder Soup Woman!

Soup

1. In a very large pot, heat butter over medium heat and add onions, cook 4 min to soften.
2. Stir in lentils, potatoes and carrots. Add broth and water;

Eat cheap (and healthy)

The past three Wednesdays, Metro's Theresa Albert has served up easy to make and healthy recipes that are perfect for families or starving students. Don't forget to look for the final recipes in the series on Sept. 18.

reduce heat to simmer 20 min. Add basil, salt, pepper, tomato juice, molasses and wine if using. Bring to simmer. Cover, simmer 5 min.

Wheat Germ and Herb Tea Biscuits

1. Preheat oven to 425 F.
2. Stir lemon juice into milk to sour.
3. Stir flours, baking powder, salt, basil and wheat germ together. Cut in butter with 2 knives and mash with a fork until the dough looks like peas. Start with 2 cups of milk to make a stiff dough and work it together into a

Sweet Lentil Soup



This recipe serves eight. [ISTOCK](#)

ball. Do not over work. Add more liquid as needed.

4. Roll out and use a cookie cutter or inverted juice glass to cut small rounds.
5. Bake on a cookie sheet for 10-15 minutes until lightly browned.

Drink of the Week

Grey Goose Entre Vous

Hang on to summer as long as you can with this delicious combination of Grey Goose vodka and exotic guava juice.

- 1.25 oz Grey Goose La Poire Vodka
- 1.75 oz guava juice
- .25 oz freshly squeezed lemon juice, strained
- 1 bar spoon of simple syrup
- 1 bar spoon of Maraschino liqueur
- 1 dash of Angostura Bitters
- .5 oz flat water

Add all the ingredients to a shaker with cubed ice and shake hard. Strain into a chilled coupe and finish with a twist of lemon.

RECIPES & PHOTOS COURTESY
THE GREY GOOSE LOUNGE
AT MUZIK IN TORONTO



How many ways can you say employed?

At work. Knowing other languages in a country like Canada can give you a great advantage

SHAHEERAH KAYANI
[TalentEgg.ca](#)

Did you know that around 20 per cent of Canada's population speak a language at home that's neither French nor English? That's nearly 6.6 million people who are comfortable interacting with others in one of more than 200 non-official languages.

Being bilingual or multilingual in a culturally diverse country like Canada can open countless doors for you while job hunting. Make those skills immediately visible on your resumé (for example, mention it in your job objective)!

Don't have another language under your belt? There's always time to learn! You could sign up for night classes, or even teach yourself via a book or computer program.

If you still need some convincing about the value of language in the workplace, then check out these five in-

dustries where a second (or third, or fourth) language can help you hatch your career:

Health care

Health care is a stable field to work in, since it's a pretty important service. Having the use of an alternate language will make you an asset to any health-care team and will also position you to work on the administrative side of things anywhere in the country.

POTENTIAL JOBS: REGISTERED NURSE, PARAMEDIC, PHARMACIST, MEDICAL RESEARCHER

Travel

Whether you're at a hotel or resort, or are up at 30,000 feet in a plane, getting away from it all can go from a relaxing idea to a frustrating experience if there are communication barriers.

Speaking multiple languages is a skill that could make you indispensable to a hospitality or travel team. Plus, the opportunity to explore new places isn't a bad job perk.

POTENTIAL JOBS: RESORT MANAGER, AIRLINE STEWARD/STEWARDESS, FRONT DESK REPRESENTATIVE

Education

Since you're lucky enough to

have a skill that is invaluable in many situations, why not impart some of this knowledge to those with a desire to learn it?

Education is an extremely rewarding career path. Your contributions could help someone hatch a career.

POTENTIAL JOBS: CURRICULUM SPECIALIST, ESL INSTRUCTOR, GUIDANCE COUNSELOR

Customer service

Providing customer service will be much more effective if both parties can communicate clearly.

Being bilingual or multilingual will allow you to serve a greater number of customers, which will give your company a greater scope of potential clients — something that will definitely please both your employer and your customers.

POTENTIAL JOBS: SALES CLERK, CUSTOMER SERVICE REPRESENTATIVE, HOST OR HOSTESS

Social services

Social service covers a huge range of work and includes dedicated work with those in need. In this field, it's critical to eliminate as many language barriers as possible to ensure that every client's unique needs are being met.



Si vous pouvez lire ceci, vous connaissez déjà les avantages du bilinguisme. [ISTOCK](#)

POTENTIAL JOBS: CHILD WELFARE WORKER, SUBSTANCE ABUSE WORKER, SOCIAL WORK ADMINISTRATOR

A job that allows you to put your bilingual or multi-

lingual skills to work can be a rewarding and exciting direction for your career. Next time you're job hunting, pay close attention to those seeking candidates with additional

al language skills.
[TALENTEGG.CA](#) IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

No shoe-in: Hard work pays off for Shewfelt

QMJHL. Local forward left Mooseheads no option but to put him in opening-night lineup



ANDREW RANKIN

andrew.rankin@metronews.ca

Growing up in Dartmouth, Andrew Shewfelt was as big a fan of the Herd as anyone.

The Halifax Mooseheads forward points to Andrew Bodnarchuk as his all-time favourite franchise player, for the character he showed each night.

That's not to say he didn't relish watching his brother Mitchell play with the club a couple seasons back. That's part of what motivated him to crack the Mooseheads' regular-season lineup.

It's early days, but the 17-year-old has shown plenty of potential, scoring four goals with a helper in six pre-season games.

"I looked at the numbers and I knew I had a shot coming into training camp," said Shewfelt. "I knew it wasn't going to be easy. I did the things I had to do: Came into camp in great shape and I worked hard here. I earned my spot here."

It hasn't been all smooth sailing. Shewfelt struggled in



Dartmouth native Andrew Shewfelt has impressed, notching five pre-season points in six games for the Mooseheads.

JEFF HARPER/METRO

his first year of major midget, registering 18 points in 35 games with the Cole Harbour Wolfpack. But he bounced back with a 49-point campaign last year with the Dart-

mouth Major Midgets.

Exuding a quiet confidence, the Cole Harbour resident insists that through preparation and maximum effort he set himself up for pre-season success.

While Mooseheads head coach Dominique Ducharme likes his young forward's speed and intensity, he's quick to point out that a new and more vigorous challenge awaits Thursday when the Mooseheads kick off

their regular season at home against the Moncton Wildcats.

He's just one of 10 newcomers to the team that Ducharme and his coaching staff will be relying on to help keep the Mooseheads a premier QMJHL team.

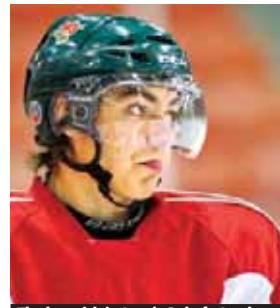
"I know I haven't done anything yet," said Shewfelt. "But I want to be a leader on the team. I'm a young guy but I want to prove myself and show that I belong."

Message received

"(Coach Dominique Ducharme) said you earned a spot on the team, but don't let up, keep playing your game. I will."

Mooseheads forward Andrew Shewfelt

QMJHL. 254th pick Jacques locks up Herd roster spot



The last pick in June's Q draft, Jacob Jacques has cracked the Mooseheads' regular-season roster. JEFF HARPER/METRO

Jacob Jacques remembers the moment last month perfectly.

The Halifax Mooseheads general manager Cam Russell took the 17-year-old defenceman aside and first asked him about his desire to sharpen his English, and then the big moment arrived.

"He asked me where I got drafted," recalled Jacques with a laugh. "Then he told me I made the team."

Two hundred and fifty-fourth overall, the last pick in June's Q draft, was precisely where the Mooseheads select-

ed Jacques.

He'll be sticking around. Perhaps the only people more ecstatic than the St-Joseph, Que., native are his parents.

Behind that modest and pleasant disposition is a self-assured and poised young man.

"The first day of training camp I knew I could keep up; I knew I could fit in."

From Day 1, Mooseheads head coach Dominique Ducharme was impressed with Jacques's hockey sense, speed and work ethic.

"He's smart with the puck

and makes good decisions," said Ducharme. "I'm happy for him because he was one pick away from not being drafted. The door opened and he had a chance to step in and make the most of his opportunity.... He did that."

Jacques is going into the regular season with the focus of earning a regular spot on the team by playing within himself.

"I'm not trying to be a superstar, I just want to be a normal, hardworking defenceman." ANDREW RANKIN/METRO

CIS football

Huskies climb into national top-10 rankings

The Saint Mary's Huskies are on a roll. After back-to-back wins against the Mount Allison Mounties and Acadia Axemen, the football squad is ranked No. 10 in the country. It's the first time an Atlantic University Sport team has made the top-10 list this season. The Huskies will go for their second-straight win on Saturday against No. 4-ranked Montreal. Laval remains the top team in Canada.

METRO

CIS football

Player sues university over severe head injury

A former university football player is suing Bishop's University in Quebec for a severe head injury that has forced him to relearn how to walk.

Kevin Kwasny was taken to hospital during halftime in a game between Bishop's and Concordia University in September 2011.

The defensive end, who is from Winnipeg, was hit on the head and suffered bleeding on the brain.

A lawsuit filed by Kwasny this week claims he saw stars, felt dizzy and had blurred vision, but was told to get back in the game.

Kwasny is suing Bishop's for millions of dollars, alleging coaches and others failed to protect him, did not assess his injury and refused to cover ongoing medical expenses.

THE CANADIAN PRESS

NHL

Leafs, Kadri reach deal on eve of training camp

Nazem Kadri will be at Toronto Maple Leafs training camp after all.

Kadri signed a two-year, \$5.8-million US deal on the eve of the start of camp, ending contentious contract talks between the restricted free agent centre and the team.

Kadri enjoyed a stellar 2013, putting up 18 goals and 26 assists in 48 games during his first full NHL season.

THE CANADIAN PRESS

Got what it takes, junior?

As NHL training camps get underway Wednesday, here's a look at six junior players with CHL eligibility remaining who could stick with their NHL teams:

THE CANADIAN PRESS
Photos by Getty Images



Nathan MacKinnon, Avalanche

The top pick in June's draft doesn't have any uncertainty. He's going to be a big piece of Joe Sakic and Patrick Roy's Avalanche facelift. MacKinnon collected 32 goals and 43 assists in 44 games last season in Halifax. The question is how Colorado will juggle centres Ryan O'Reilly and Paul Stastny. A year after former QMJHL star Jonathan Huberdeau of the Florida Panthers won the Calder Trophy, MacKinnon goes into this season as the rookie-of-the-year favourite.



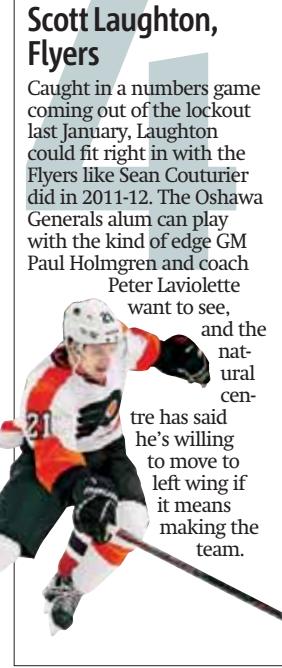
Seth Jones, Predators

Jones slipped to fourth in the draft behind MacKinnon, Aleksander Barkov and Jonathan Drouin, but the defenceman won't be eased into the NHL. It's possible he's a top-four player taking on big minutes for the Predators. Jones had 56 points for the Portland Winterhawks last year, his first and likely only season in the WHL.



Jonathan Drouin, Lightning

Drouin was an even more prolific scorer for the Mooseheads than MacKinnon, and the Lightning will count on him right away. Vincent Lecavalier is gone after being bought out, and his offence will need to be replaced. Drouin is a left-winger, but just assembling a lot of young talent up front seems to be the plan for Tampa Bay general manager Steve Yzerman. At 18, Drouin has the skill to make a difference quickly.



Scott Laughton, Flyers

Caught in a numbers game coming out of the lockout last January, Laughton could fit right in with the Flyers like Sean Couturier did in 2011-12. The Oshawa Generals alum can play with the kind of edge GM Paul Holmgren and coach

Peter Laviolette want to see, and the natural centre has said he's willing to move to left wing if it means making the team.



Sean Monahan, Flames

Youth is the name of the game for the rebuilding Flames, so Monahan stands a good chance of sticking around in the NHL and playing valuable minutes. The two-way skill player will be an important piece of Calgary's future at centre, and the future is very much now with the Flames. Monahan, the sixth-overall pick and the first of Calgary's three first-rounders, had 78 points in 58 games for the OHL's Ottawa 67's last season.



Morgan Rielly, Maple Leafs

The Maple Leafs are in a tough spot with Rielly, who could go back to the WHL's Moose Jaw Warriors but may have outgrown junior. The mature 19-year-old defenceman has the puck-moving skills, but there might not be room in Toronto. He's too young to be eligible to play in the AHL, so perhaps a nine-game trial with the Leafs is the likeliest course of action.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	88	58	.603	—
Tampa Bay	78	65	.545	8½
Baltimore	77	67	.535	10
New York	77	68	.531	10½
Toronto	67	77	.465	20

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	83	62	.572	—
Cleveland	77	67	.535	5½
Kansas City	76	69	.524	7
Minnesota	63	80	.441	19
Chicago	58	86	.403	24½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	61	.576	—
Texas	81	63	.563	2
Los Angeles	68	76	.472	15
Seattle	65	79	.451	18
Houston	48	96	.333	35

Tuesday's results

L.A. Angels 12 Toronto 6

Minnesota 4 Oakland 3

Kansas City 6 Cleveland 3

N.Y. Yankees 7 Baltimore 5

Boston 2 Tampa Bay 0

Pittsburgh 5 Texas 4

Detroit 9 Chicago White Sox 1

Houston at Seattle

Monday's results

Chicago White Sox 5 Detroit 1

Baltimore 4 N.Y. Yankees 2

Minnesota 6 L.A. Angels 3

Houston 6 Seattle 4

Cleveland 4 Kansas City 3

Pittsburgh 1 Texas 0

Wednesday's games — All times Eastern

Kansas City (Shields 10-9) at Cleveland

(Kazmir 8-7), 12:05 p.m.

Pittsburgh (Burnett 7-10) at Texas (Garza 3-3), 2:05 p.m.

N.Y. Yankees (Pettitte 10-9) at Baltimore

(Feldman 5-4), 7:05 p.m.

L.A. Angels (Wilson 15-6) at Toronto

(Dickey 12-12), 7:07 p.m.

Boston (Dempster 8-9) at Tampa Bay

(Cobb 8-3), 7:10 p.m.

Oakland (Gray 2-3) at Minnesota (Pelfrey 5-11), 8:10 p.m.

Detroit (Sanchez 13-7) at Chicago White

Sox (Quintana 7-6), 8:10 p.m.

Houston (Peacock 4-5) at Seattle (Maurer 4-7), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	87	57	.604	—
Washington	75	69	.521	12
Philadelphia	66	78	.458	21
New York	64	79	.448	22½
Miami	53	90	.371	33½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	84	60	.583	—
Pittsburgh	83	61	.576	1½
Cincinnati	82	64	.562	3
Milwaukee	62	81	.434	21½
Chicago	62	82	.431	22

WEST DIVISION

	W	L	Pct	GB
Los Angeles	84	59	.587	—
Arizona	72	71	.503	12
San Diego	66	77	.462	18
Colorado	66	79	.455	19
San Francisco	65	79	.451	19½

Tuesday's results

St. Louis 4 Milwaukee 2

San Diego 8 Philadelphia 2

Atlanta 4 Miami 3

Washington 6 N.Y. Mets 3

Chicago Cubs 9 Cincinnati 1

Arizona at L.A. Dodgers

Colorado at San Francisco

Monday's results

San Francisco 3 Colorado 2 (10 inn.)

Atlanta 5 Miami 2

Chicago Cubs 2 Cincinnati 0

Washington 9 N.Y. Mets 0

L.A. Dodgers 8 Arizona 1

Wednesday's games

All times Eastern

Chicago Cubs (Samardzija 8-11) at Cincinnati (Leake 12-6), 12:35 p.m.

Colorado (Nicasio 8-7) at San Francisco (Petit 3-0), 3:45 p.m.

San Diego (Stults 8-13) at Philadelphia (Halladay 3-4), 7:05 p.m.

Atlanta (Minor 13-6) at Miami (Fernandez 11-6), 7:10 p.m.

Washington (Haren 8-13) at N.Y. Mets (Wheeler 7-4), 7:10 p.m.

Milwaukee (Estrada 6-4) at St. Louis (Lynn 13-10), 8:15 p.m.

Arizona (Corbin 13-6) at L.A. Dodgers (Ryu 13-5), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

WEEK 2

Friday's game — All times Eastern

Hamilton at Calgary, 9 p.m.

Saturday's games

Winnipeg at Edmonton, 6:30 p.m.

Toronto at Saskatchewan, 9:30 p.m.

Sunday's game

Montreal at B.C., 4:30 p.m.

NFL

Monday's results

Philadelphia 33 Washington 27

Houston 31 San Diego 28

WEEK 2

Thursday's game — All times Eastern

N.Y. Jets at New England, 8:25 p.m.

Sunday's games

Carolina at Buffalo, 1 p.m.

Dallas at Kansas City, 1 p.m.

San Diego at Philadelphia, 1 p.m.

Miami at Indianapolis, 1 p.m.

St. Louis at Atlanta, 1 p.m.

Washington at Green Bay, 1 p.m.

Cleveland at Baltimore, 1 p.m.

Tennessee at Houston, 1 p.m.

Minnesota at Chicago, 1 p.m.

Detroit at Arizona, 4:05 p.m.

New Orleans at Tampa Bay, 4:05 p.m.

Denver at N.Y. Giants, 4:25 p.m.

Jacksonville at Oakland, 4:25 p.m.

San Francisco at Seattle, 8:30 p.m.

Monday, September 16

Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Wednesday's game

All times Eastern

Columbus (Stotts 8-13) at Philadelphia (Halladay 3-4), 7:05 p.m.

San Diego (Stults 8-13) at Portland (Halladay 3-4), 7:05 p.m.

Atlanta (Minor 13-6) at Miami (Fernandez 11-6), 7:10 p.m.

Washington (Haren 8-13) at N.Y. Mets (Wheeler 7-4), 7:10 p.m.

5 DRIVE

The 2014 Kia Cadenza



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Kia ditched its features list to finally date on the all-importants like style, feel and personality

MALCOLM GUNN
wheelbasemedia.com

It's obvious that picking a new Cadenza is supposed to be a no-brainer decision. Not that you won't want to examine it thoroughly before your purchase, but with a generous amount of built-in luxury and convenience hardware/software, picking your colour scheme just might be the only scheming you have to do.

The Cadenza's introduction is a significant one for Hyundai's subsidiary. The brand that once sold mainly small cars and wagons to younger, first-time buyers, has gradually expanded its lineup to include a variety of smartly styled vehicles that look nothing like their Hyundai counterparts.

The Cadenza is a prime example of this philosophy. It's similar in size to, and shares the same stretched architecture as the Hyundai Azera, a model sold only in the U.S. However Kia design boss Peter Schreyer (a rock star in the automotive design world) has taken a totally unique approach in shaping the Cadenza's sheetmetal. His efforts have yielded a subtle-looking sedan that conveys a greater sense of class and polish than the Azera with its trendier looks. Clearly the Cadenza is Kia's attempt to gain favour with more mature buyers who place pampering con-

2014 Kia Cadenza

- **Type.** Four-door, front-wheel-drive mid-size luxury sedan
- **Engines (hp).** 3.3-litre DOHC V6 (293)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)**
\$39,400

tent on their must-have list.

Pushing the starter button engages a 3.3-litre V6 with 293 horsepower and 255 pound-feet of torque and connected to that V6 is a six-speed automatic transmission with steering-wheel-mounted paddle shifters.

Although the Cadenza seems to be geared for older buyers, the car's "sport-tuned" suspension is somewhat firmer than that of some of its competitors, but still returns a good ride without a lot of clattering from underneath. The electric power-steering rack is responsive and tends to skitter around the highway much less than in some other rides with similar tech.

The base Cadenza with its out-the-door price of \$39,400 (less taxes) piles on the goodies with a leather-fitted interior, 10-way power-adjustable driver's seat and dual-zone climate control with front and rear-seat ventilation. There's also a navigation system with eight-inch touch-screen display, rear camera with backup warning and a 550-watt Infinity sound system. The Cadenza Premium

Premium package

Premium adds safety content such as blind-spot and lane-departure warning systems and smart cruise control that keeps a safe distance from the vehicle in front. The package also includes 19-inch wheels plus what Kia calls hydrophobic front side windows that repel water, which is handy on rainy days.

Fuel Economy

Pulling away from a stop, the powerplant balks at being pushed too hard, likely in the interests of maintaining its city fuel-consumption rating of 11.2 l/100 km and the highway figure of 7.4. When you're rolling, it gathers itself up quickly and pushes you back in the seat with ease.

The interior design work is low-key, but is right in step with most luxury-oriented models. The hardware and trim are first-rate and the big and round gauges are easy to read. There's no shortage of dashboard and steering-wheel switches and buttons to fiddle with, but at least they're clearly marked.

Compare



1 Toyota Avalon
Base price: \$38,500



2 Buick LaCrosse
Base price: \$39,600



3 Nissan Maxima
Base price: \$39,600



It's quite tough to find fault with the understated interior with a smart layout.

adds a panoramic sunroof, power rear sunshade, heated steering wheel, front and rear heated seats with upgraded soft-leather covers, electronic parking brake and a power-tilt-and-telescoping steering wheel. Unfortunately, the Cadenza cannot be ordered with all-wheel-drive, but since it isn't offered on any Hyundai/Kia sedan, that's no surprise.

Fully optioned, the Cadenza brushes up against the \$45,000

mark. That means it's now trespassing on territory staked out by the bigger rear-wheel-drive Hyundai Genesis as well as a number of other established luxury sedans. That probably won't bother Kia's buyers who will see the Cadenza as an honest, straightforward luxury car, minus the pretense and posturing of competing marques.

And that makes it a no-brainer in every sense of the word.

Totting up the truth: Find your car's real cost

Driving force. Abacus at the ready, the actual cost of your vehicle includes the likes of maintenance, insurance and fuel

JIL MCINTOSH
drive@metronews.ca

How much does a car cost? You may think it's just what you paid for it, but whether it's a new or used vehicle, it's actually far more than that.

"The true cost of a car includes not only the purchase price, but what it costs to keep and maintain it, and insure it, over the life of the car," says Phil Raby, a writer for MoneySense magazine. "There are many different ways to figure it out."

Raby suggests researching vehicles by using such

resources as Consumer Reports, Lemon-Aid, and the non-profit Automobile Protection Association (APA). While reviews of new vehicles will give you an initial overview, it's important to look at long-term reports as a new model ages, to see if recurrent problems crop up.

Reliable cars will likely end up costing you less in the long run, Raby says. "Cars made by Japanese manufacturers like Honda or Toyota tend to cost more, but the general feeling is that they will cost less in repair bills," he says. "The more expensive car may be the better one in the long run, especially if you keep your car until you run it into the ground."

If you're considering a car, call your insurance company and see how much it will be to cover it. Factors that affect insurance include the car's initial cost, its depreciation, the price of

Tips

- Time is of the essence.** It's always cheapest in the long run to fix problems as quickly as possible, since they will get worse and cost more as time goes on.

- Frugality.** Be cautious about expensive add-ons when buying a new car, such as fabric treatment, window etching or rust protection. In most cases, you don't need it.

- Information.** To view the risk ratings most insurance companies use, visit ibc.ca and click on "How Cars Measure Up."

collision repairs and replacement parts and even its theft rate.

Shop around for the best rates, including online quotes, to help reduce your



Buying a car with high reliability will probably lower your car's cost in the long term. TOYOTA CANADA

costs.

Purchase interest is something many people don't factor in, and it can make a huge difference, especially if you're considering the extremely long financing terms that some automakers are offering. "The danger with an 84-month term is getting an 'upside-down' loan, where the value of the car is lower than the amount outstanding on it," Raby says, warning that if you have to sell the car during the loan period, you could still owe more than you will get for it. "If you can't afford to buy a car and pay it off in five years, then get a less-expensive car, rather than

a 72- or 84-month loan," he adds.

Keep your eye on the bottom line, Raby says. "It's not just how cheap your monthly payment will be, but what you will end up paying in the end. You could buy a car for \$20,000, but it could cost you \$30,000 when it's all stretched out."

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Horoscopes

Aries

March 21 - April 20

You can charm the birds out of the trees today, but your long-term interests would be better served if you charm a wage rise out of your boss. Make sure you know your own value, and make sure you get it.

Taurus

April 21 - May 21

If you let others make decisions for you today, their efforts are likely to fall short of what you require. Whatever tasks come your way, do them yourself.

Gemini

May 22 - June 21

The challenges coming your way may be tough but you have what it takes to make the best of them, by getting the best from yourself.

Cancer

June 22 - July 23

If you need to enlist other people's help then speak up. As Venus moves into the most dynamic area of your chart, you will find ways to bring your charisma and can-do spirit together. It's a winning combination.

Leo

July 24 - Aug. 23

Even Leos find the going tough sometimes and if you have a problem of some kind today, you must ask for help. The longer you pretend everything is going fine, the bigger the fallout when it all gets too much.

Virgo

Aug. 24 - Sept. 23

You have a way with words but sometimes you say too much or speak in too aggressive a tone. With Venus moving into the communications area of your chart today that isn't a problem though.

Libra

Sept. 24 - Oct. 23

You need to find a way to strike a better balance between work and family issues. If you know you won't be able to meet certain obligations then say so.

Scorpio

Oct. 24 - Nov. 22

Petty victories are just that — petty. As of today, you must raise your sights and focus only on battles that are worthy of your talents. One major battle won is worth a thousand skirmishes of no consequence.

Sagittarius

Nov. 23 - Dec. 21

You may have to do something you don't much enjoy but if you adopt the right attitude and do a good job, you may be surprised how rewarding it is.

Capricorn

Dec. 22 - Jan. 20

Confidence is your most potent weapon and if you act as if nothing can possibly go wrong, today most likely nothing will. The universe has a way of rewarding those who take a carefree, can-do attitude to life.

Aquarius

Jan. 21 - Feb. 19

Your prospects are getting better and with values planet Venus moving into the career area of your chart today, the powers that be will look on you kindly. If you have a dream, let the world know.

Pisces

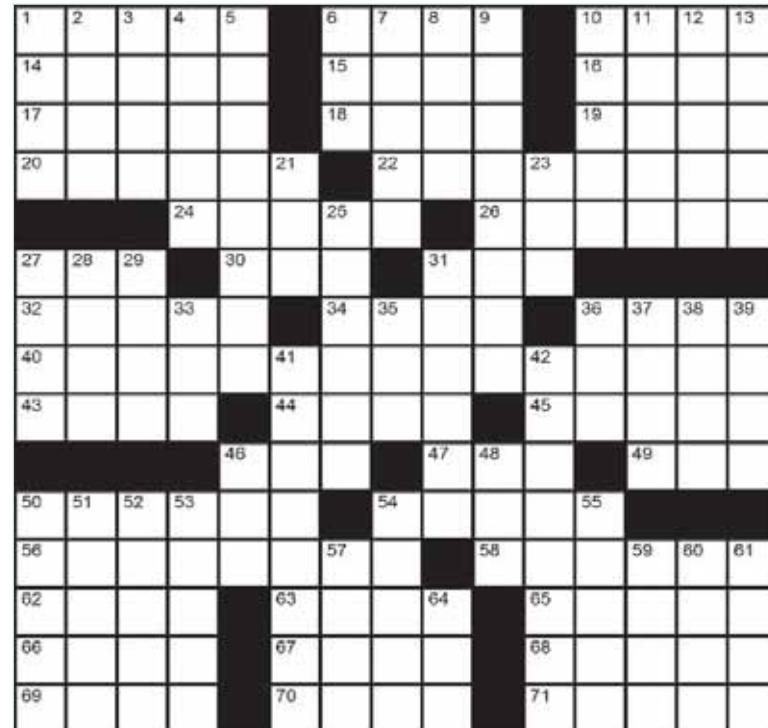
Feb. 20 - March 20

This should be a wonderful time, especially if you are on the move. Whether you travel to the far side of the Earth or just down the road to see a friend, love and laughter will go with you every step of the way. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Guy
6. Awestruck
10. Hunk
14. Sci-Fi flick starring Sigourney Weaver
15. Bill of fare
16. Stack
17. Hotel employee
18. Walk worriedly
19. Leave out
20. Main course
22. Confine
24. Patio places
26. Glam furniture piece
27. Distant
30. Casual top
31. Barley bristle
32. Surface
34. Catherine of "The Dukes of Hazzard"
36. Fashionable
40. It might lead government to keep things secret: 2 wds.
43. Acquire
44. Zero
45. Canada-England divider
46. On: French
47. Calligrapher's prop
49. "Hiss!"
50. Parka
54. Delighted the audience, ___ the show
56. Be a tourist
58. Mr. Mandela
62. Auto race, ___ 500
63. Put on payroll
65. Village People hit: "___ Man"



66. Judge
67. Advocate
68. Molecular bits
69. Eagle of the sea, variably
70. Eager
71. Current affairs-ish

Down

1. Best-liked, com-

monly
2. Flair
3. Cheerful music
4. Wary
5. Aardvark
6. Music blaster
7. ___ up for (Gets prepared)
8. Stevie Wonder's "For ___ in My Life"

9. Band from Winnipeg, with The: 2 wds.
10. Hockey is a what?
11. Speedy
12. Lewis Carroll character
13. Hollywood legend Ms. Davis
21. Another time, in verse
23. X ...spelled in English
25. Credit card user
27. Speedy
28. Region
29. Humphrey's part in "Casablanca" (1942)
31. Topper of letter 'e' in French words,

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	2	4	3	7	8	6	5	1
1	6	7	9	4	5	8	3	2
5	8	3	6	1	2	9	7	4
2	4	9	7	3	6	5	1	8
8	3	5	1	2	9	4	6	7
7	1	6	5	8	4	2	9	3
3	5	8	2	9	7	1	4	6
4	9	1	8	6	3	7	2	5
6	7	2	4	5	1	3	8	9

		5		4
4			3	1
5			7	
	5		9	3
8			6	
1	6	2	7	
			8	9
9	2	1		4
	6	9		



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BY KELLY ANN BUCHANAN

sometimes
33. Put a lawyer to work
35. Novelist Ms. Rand
36. 300, fancily
37. Haws partners
38. Mr. Gershwin, and others
39. Belonging to Wolf Blitzer's channel
41. Stone land marker of the Inuit to guide Arctic travellers
42. Aristocrat gent
46. Didn't stand
48. 'Creat' suffix
50. "All kidding ___..."
51. San Francisco footballer, colloquially
52. Calgary neighbourhood
53. Make a poem, say
54. Mr. Savard, Hockey Hall of Famer
55. Make happy
57. Ireland
59. Bulk-carrying barge
60. Units of electrical resistance
61. Like a busybody, variantly
64. Dusk, to Donne

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I believe in Nova Scotia's future. There's nothing I want more than to keep building a province where our kids can stay, have a good job and raise a family.

Nova Scotia is stronger now. The **NDP's 7 key commitments** will keep us moving forward.

Together we can build a better future, right here at home.

Daniel Diefenbaker

7 key commitments to you:

With these key commitments, the NDP will keep working with you to build a better future for today's families.

- ✓ Deliver better health care where and when you need it
- ✓ Fight for good jobs and stronger communities
- ✓ Keep the HST off home energy and take it off more family essentials
- ✓ Give our kids a better start by focusing on what matters most
- ✓ Stand up for seniors by protecting and enhancing the services they need
- ✓ Build the Maritime Link for green, local, tax-free energy
- ✓ Keep the budget balanced to protect services for you and your family

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